



MARYLAND
WOMEN,
INFANTS &
CHILDREN
PROGRAM

*Better
nutrition
for
a brighter
future*



WIC

AUTHORIZED FOODS LIST

EFFECTIVE
OCTOBER 2013

*Bring this list when you shop
for WIC foods!*

Frequently Asked Questions

1. What does “store brand if available” mean?

You must buy the store brand if the store carries it and if it is in stock. Refer to the Store Brand Shopping Guide for store brand examples.

2. What should I do if the store brand is not available?

If the store carries national brands in addition to the store brand and the store brand is not available, you can buy a national brand.

3. If the store brand of cheddar cheese is not in stock, can I buy a national brand of cheddar or must I buy the store brand of another kind of cheese like American or Swiss?

If the store brand of the kind of cheese you want to buy is not in stock, you can buy a national brand of that cheese. For example, if you want to buy cheddar cheese and the store only has the store brand of American, you can buy a national brand of cheddar. You do not need to buy the store brand of American cheese.

4. If the store brand of navy beans is not in stock, can I buy a national brand of navy beans or do I need to buy the store brand of another kind of beans like kidney beans or black beans?

If the store brand of the kind of beans you want to buy is not in stock, you can buy a national brand of those beans. You do not need to buy a different kind of WIC allowed beans.

5. If the store brand of baby food sweet potatoes is not in stock, can I buy a national brand of baby food sweet potatoes or must I buy the store brand of another kind of baby food vegetables like green beans.

If the store brand of the kind of baby food vegetables, fruit, or meat you want to buy is not in stock, you can buy a national brand. For example, if you want to buy baby food sweet potatoes and the store only has the store brand of green beans, you can buy a national brand of baby food sweet potatoes.

6. Do I need to buy the store brand of fruit or vegetables with a Fruit and Vegetable check?

No, you can buy any brand of fruit or vegetables with a Fruit and Vegetable check.

7. Can I buy green beans, wax beans, or sweet peas with a WIC check offering beans?

No, but you can buy green beans or sweet peas with a Fruit and Vegetable check.

8. Can I buy a pumpkin with a Fruit and Vegetable check?

Yes, a pumpkin is considered a fruit. You can buy it with a Fruit and Vegetable check. Painted or decorated pumpkins are not allowed.

9. My store carries cultural foods like aloe vera and cactus. Can I buy these with a Fruit and Vegetable check?

Yes, aloe vera and cactus are used as vegetables in some cultures. You can buy these with a Fruit and Vegetable check.

10. Can I buy baby food fruit and vegetables with a Fruit and Vegetable check?

No, Fruit and Vegetable checks are intended for women and child participants.

11. Can I buy fruit like applesauce in the “snack pack” size with a Fruit and Vegetable check?

Yes, you can buy any size of canned fruit in a metal, glass, or plastic container. It must be packed in water or unsweetened juice.

12. What kind of bread, rolls, or buns can I buy?

You must buy the store brand of 100% whole wheat bread, rolls, or buns if it is available. If the store brand is not available, you can buy any brand that says “100% whole wheat bread”, “100% whole wheat rolls” or “100% whole wheat buns” on the label.

13. If a WIC check says “15 ounces or less cereal” can I buy a 15 ounce or smaller box of cold cereal?

No, you can only buy an 11.8 to 15 ounce box of **hot** cereal.

Milk

BUY:

- ✓ 1% (lowfat) or fat-free (nonfat) if woman or child 2 years and older
- ✓ Whole milk if child is less than 2 years
- ✓ Store brand if available
- ✓ Container size shown on check

BUY IF PRINTED ON CHECK:

- ✓ Lactose-reduced or lactose-free (whole, lowfat, nonfat)
- ✓ Powdered (dry, whole or nonfat)
- ✓ Evaporated (whole or nonfat)
- ✓ UHT (Ultra High Temperature)
- ✓ Kosher

DO NOT BUY:

- ✗ 2% milk or buttermilk
- ✗ Chocolate or other flavor
- ✗ Organic, rice, or goat milk
- ✗ Sweetened condensed



Cheese

BUY:

- ✓ American, Cheddar, Monterey Jack, Mozzarella, or Swiss
- ✓ Store brand if available
- ✓ 16 ounce size only
- ✓ Blocked or sliced
- ✓ Lowfat, reduced fat, and low sodium OK



DO NOT BUY:

- ✗ Organic or imported
- ✗ Deli, string, or individually wrapped
- ✗ Cheese food, spread, or product
- ✗ Cream cheese
- ✗ Shredded, crumbled, or cubed
- ✗ With flavors, nuts, peppers, or crackers

Eggs

BUY:

- ✓ White, medium or large
- ✓ Store brand if available
- ✓ One dozen only

DO NOT BUY:

- ✗ Organic, brown, fertile, or cage free
- ✗ Lowfat or cholesterol free, omega-3, pasteurized, or other specialty eggs



Beans, Peas, Lentils

BUY:

- ✓ Beans like kidney, pinto, black, navy, garbanzo, or lima
- ✓ Split peas, black-eyed peas, or lentils
- ✓ Store brand if available
- ✓ Dry, 16 ounce bag
- ✓ Canned, water pack, 14 to 16 ounce can



DO NOT BUY:

- ✗ Organic
- ✗ Green or wax beans, sweet peas*
- ✗ Soup, soup mixes, or with flavor packets
- ✗ Beans with sauce, meat, fat, or oil

*BUY with your WIC Fruit & Vegetable check

Peanut Butter

BUY:

- ✓ Plain, smooth, crunchy, extra crunchy, or creamy
- ✓ Store brand if available
- ✓ 16 to 18 ounce container
- ✓ Low sodium and low sugar OK



DO NOT BUY:

- ✗ Organic, natural, reduced fat, fresh-ground
- ✗ Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- ✗ Peanut butter spreads

Canned Fish

BUY IF PRINTED ON CHECK:

- ✓ Chunk light tuna, water pack, 5 to 6 ounce can
- ✓ Pink salmon, water pack, 5 to 7.5 ounce can
- ✓ Sardines, water pack, 3.75 ounce can
- ✓ Store brand if available



DO NOT BUY:

- ✗ Albacore or white tuna
- ✗ Red salmon
- ✗ Fish with added flavor or sauce
- ✗ Organic, low sodium, or gourmet
- ✗ Pouch, bowl, or kit

Cereal — You can combine different cereals

BUY:

- ✓ Brands and types shown here only
- ✓ 18 ounce size or larger (cold cereal)
- ✓ 11.8 ounce size or larger (hot cereal)

DO NOT BUY:

- ✗ Organic



KELLOGG'S
• Rice Krispies



KELLOGG'S
• Corn Flakes



KELLOGG'S
• Special K



GERNERAL MILLS
• Cheerios



GENERAL MILLS
• Kix



KELLOGG'S
• All Bran
Complete Wheat
Flakes



KELLOGG'S
• Frosted
Mini Wheats
Big Bites



KELLOGG'S
• Frosted
Mini Wheats
Original



MALT-O-MEAL
• Oat Blenders
Honey



MALT-O-MEAL
• Oat Blenders
Honey & Almonds



KELLOGG'S
• Scooby-Doo!



POST
• Lightly Frosted
Shredded Wheat



POST
• Honey Nut
Shredded Wheat



POST
Honey Bunches
of Oats –
• Vanilla Bunches
• Honey Roasted
• Almond
• Cinnamon
Bunches



QUAKER
• Brown Sugar
Oatmeal Squares



QUAKER
• Cinnamon
Oatmeal Squares



QUAKER
• Life



POST
• Grape Nuts



POST
• Grape Nuts Flakes



QUAKER
• Instant Oatmeal
Original Flavor



QUAKER
• Instant Grits,
Original Flavor



MALT-O-MEAL
• Hot Wheat Cereal



B&G FOODS
Cream of Wheat
• Instant
• 1 Minute
• 2 1/2 Minute

Indicates Whole Grain Food

Possible
ways to
buy up to
36 ounces
of cereal

18 ounces
+18 ounces
36 ounces

18 oz.
Cereal

18 oz.
Cereal

24 ounces
+11.8 ounces
35.8 ounces

11.8 oz.
Hot
Cereal

24 oz.
Cereal

18 ounces
+14 ounces
32 ounces

14 oz.
Hot
Cereal

18 oz.
Cereal

Fruit & Vegetable Check

- ✓ Organic is OK
- ✓ Any brand

Fresh

BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut
- ✓ Sweet potatoes and yams OK



DO NOT BUY:

- ✗ White, red-skin, or gold potatoes
- ✗ Salad bar items, party platters, fruit baskets
- ✗ Herbs, nuts, peanuts
- ✗ Salad kits with nuts, croutons, or dressing
- ✗ Fruit or vegetables with dips
- ✗ Dried fruit

Frozen

BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK



DO NOT BUY:

- ✗ French fries, tater tots, or other white potatoes
- ✗ WIC or other juice*
- ✗ Soup
- ✗ With potato, rice, or pasta
- ✗ With breading, butter, sauces, fat, oil, or meat
- ✗ With sugar

Canned

BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass, or plastic container
- ✓ Low sodium OK



DO NOT BUY:

- ✗ WIC beans,* pork and beans, or baked beans
- ✗ WIC or other juice*
- ✗ Soup
- ✗ With added white potato, meat, fat, oil, rice, or pasta
- ✗ Sugar-sweetened or in syrup
- ✗ With artificial sweetener
- ✗ Pickled vegetables, relishes, catsup
- ✗ Cranberry sauce, pie filling

* **BUY WIC juice and WIC beans with your other WIC checks.**

Fruit Juice

BUY:

- ✓ Brands and types shown here only
- ✓ 100% juice, unsweetened
- ✓ Can, carton or bottle size shown on check
- ✓ With calcium and/or vitamin D OK

DO NOT BUY:

- ✗ Less than 120% DV vitamin C
- ✗ Glass bottles
- ✗ Organic or fresh-squeezed
- ✗ Fruit cocktail, punch, drink, or light
- ✗ Shelf stable

Frozen Concentrate: For Women



ORANGE
Any Brand



GRAPEFRUIT
Any Brand



PINEAPPLE
Dole,
Old Orchard



APPLE
Best Yet,
Essential
Everyday,
Food Lion,
Giant,
Great Value,
Hannaford,
My Essentials,
Old Orchard
(with green
tear strip),
Safeway,
Seneca



GRAPE
Best Yet,
Old Orchard,
Welch's
(with yellow
tear strip),

64 ounce Container: For Children



ORANGE, GRAPEFRUIT
Any brand



PINEAPPLE
Best Yet,
Food Lion,
Hannaford,
Shurfine



APPLE
Best Yet,
Essential
Everyday,
Food Lion,
Giant,
Giant Eagle,
Great Value,
Hannaford,
Market Pantry,
My Essentials,
Old Orchard,
Safeway,
Shop Rite,
Shurfine,
Valu Time,
Wegmans



VEGETABLE
Best Yet,
Diane's Garden,
Giant,
Great Value,
Hannaford,
Harris Teeter,
V8



TOMATO
Campbell's,
Food Lion,
Giant,
Great Value,
Hannaford,
Harris Teeter,
Market Pantry,
Shursaving



GRAPE
(red, purple, or
white)
Best Yet,
Food Lion,
Giant,
Giant Eagle,
Harris Teeter,
Juicy Juice,
Old Orchard,
Valu Time,
Wegmans

100% Whole Wheat Bread, Rolls, & Buns

BUY:

- ✓ 100% Whole Wheat Bread (must say **100% Whole Wheat Bread** on label)
- ✓ 100% Whole Wheat Rolls or Buns (must say **100% Whole Wheat Rolls** or **100% Whole Wheat Buns** on label)
- ✓ Store brand if available
- ✓ 1 pound or 15 to 16 ounce package



DO NOT BUY:

- ✗ Raisin or other bread with fruit or nuts
- ✗ Pita or bagel bread or English muffins
- ✗ Organic

Soft Corn & Whole Wheat Tortillas

BUY:

- ✓ 1 pound (16 ounce) package

Buena Vida Whole Grain Tortillas
Carlita Corn Tortillas or 100% Whole Wheat Tortillas
Celia's Corn Tortillas
ChiChi's White Corn or Whole Wheat Tortillas
Don Pancho White Corn or Whole Wheat Tortillas
La Burrita Yellow Corn Tortillas
La Banderita White Corn or Whole Wheat Tortillas
Mission Yellow Corn or Whole Wheat Tortillas
Ortega Whole Wheat Tortillas



DO NOT BUY:

- ✗ Fried corn tortillas, chips, tostadas, or taco shells
- ✗ White flour tortillas or with any added flavors
- ✗ Organic

Brown Rice

BUY:

- ✓ Regular
- ✓ Store brand if available
- ✓ 1 pound (16 ounce) package
- ✓ Dry, plain



DO NOT BUY:

- ✗ Ready-to-serve or precooked in pouch
- ✗ Rice with added flavor, sauce, or vegetables
- ✗ Organic

 Indicates Whole Grain Food

Infant Foods

Infant Formula

BUY:

- ✓ Brand, type, and size shown on check

DO NOT BUY:

- ✗ Organic formula



Infant Cereal

BUY:

- ✓ Brand shown on check
- ✓ Dry, 8 or 16 ounce container

DO NOT BUY:

- ✗ Organic or with DHA, fruit, or formula
- ✗ Jar or can



Infant Vegetables & Fruit

BUY:

- ✓ Plain vegetables or combination of vegetables (example: carrots and yams)
- ✓ Plain fruit or combination of fruits (example: apples and bananas)
- ✓ Store brand if available
- ✓ Multi-packs OK (a 2 pack = 2 containers)
- ✓ 3.5 to 4 ounce container

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With meat, yogurt, cereal, pasta, or rice
- ✗ Dinners, desserts, soups, stews, or diced
- ✗ Pouches or smoothies



Infant Meat

BUY IF PRINTED ON CHECK:

- ✓ Plain chicken, turkey, beef, lamb, veal, or ham
- ✓ Store brand if available
- ✓ With gravy or broth OK
- ✓ 2.5 ounce container

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With added vegetables, fruit, rice, cereal, or pasta
- ✗ Dinners, meat sticks, stews, or soups
- ✗ Pouches



Remember, breastfeeding is best for you and your baby.

Soy Beverage

BUY:

- ✓ Brand and container size shown on check
- ✓ Half gallons (refrigerated):
8th Continent Original
- ✓ Quarts (shelf-stable):
Pacific Natural Foods Ultra Soy Plain,
8th Continent Soy Original



DO NOT BUY:

- ✗ Any flavors
- ✗ Light or fat-free

Tofu

BUY:

- ✓ Amount shown on check
- ✓ 12 to 16 ounce container



AZUMAYA: *Extra Firm, Firm, Silken,*
Lite Extra Firm

HOUSE: *Extra Firm, Firm,*
Medium Firm (Regular), Soft (Silken)

NASOYA: *Extra Firm, Firm, Cubed, Soft, Silken,*
Lite Firm, Lite Silken

DO NOT BUY:

- ✗ With added sodium, flavoring, fat, or oil

QUESTIONS?

*Ask your WIC staff or
call the State WIC Office
at 1-800-242-4WIC (4942)
or visit our website at
www.mdwic.org*



Martin O' Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, M.D., Secretary, DHMH

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